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WHAT IS HEMI-SYNC®?

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In response to this question, The Monroe Institute has published quantities of explanatory literature over the years. By now, most people with a lively curiosity about mind-brain technology know that:

1. Hemi-Sync is a noninvasive technology based on two fundamental, naturally occurring auditory phenomena: frequency following response (FFR) and binaural beat stimulation.
2. FFR is essentially a process of entrainment whereby, when a listener's audio environment is dominated by sounds of specific frequencies, the listener tends to reproduce those frequencies within his/her own physiology. Further, the listener can become entrained to the state of awareness engendered by those frequencies. Over time, individuals can learn to reproduce the state at will without continuous external audio stimulation.
3. Binaural ("two-ears") beats are produced within the physiology of a listener when different audio frequencies are introduced into each ear. The brain-mind discerns this difference and strives to bridge the gap. It therefore produces a third frequency, which is the difference between the two, and which is not an actual sound but may be perceived as an oscillating sound. To cite the usual example: If 100 Hz (cycles per second) is introduced into the left ear, and 104 Hz is introduced into the right, the binaural beat frequency will be 4 Hz.
4. The beauty of a binaural beat system is that: (a) it provides the opportunity for a listener to be influenced by frequencies below the threshold of normal human hearing (we generally have trouble hearing sounds below 40 Hz) and, (b) it tends to stimulate a state of low-frequency brain-wave interhemispheric synchronization. The results of such synchrony include an amplification in the attention a listener is able to apply while in this state. Although interhemispheric synchronization occurs naturally, it is usually intermittent and of limited duration. Binaural beat stimulation aids the listener to sustain it, thereby greatly increasing one's ability to maintain a unique focus of attention over relatively long periods of time.
5. The sounds which are used to stimulate binaural beats (in the example above, the 100 Hz and 104 Hz frequencies) are called "carrier frequencies."
6. The Monroe Institute works with beat frequencies primarily in the Beta, Alpha, Theta, and Delta ranges.

Add to these basics the fact that certain frequency combinations have been identified as conducive to stimulating various, specific mind-brain states. To review, this process quickly guides an individual into a targeted, sustained state of awareness, within which s/he is able to apply a unique focus of attention toward achieving his/her desired outcome. Furthermore, s/he

learns to reproduce the state at will. This, then, is the common knowledge—the body of technical components which support the spirit of the Hemi-Sync systems. Entrainment to sound frequencies and binaural beat stimulation are neither patented nor copyrighted by The Monroe Institute. They occur naturally and spontaneously; they were not invented, but rather harnessed and directed by the Institute.

Perhaps an appropriate question to pose at this juncture is: *What is not Hemi-Sync?* Due to the burgeoning interest in current brain-mind technology over the last decade or so, including a proliferation of hardware, a list of what is not Hemi-Sync would fill a small telephone book. Suffice it to say, only those systems designated with one or more of the Institute's registered trademarks are Hemi-Sync. Any programs, tapes, hardware, or software bearing a registered Hemi-Sync trademark or tradename of The Monroe Institute or Interstate Industries, Inc., without authorization of The Monroe Institute or Interstate Industries, Inc., are in violation of copyright law.

The importance of making this distinction far exceeds any legal implications. You need to know that, when you choose to utilize Hemi-Sync, you are taking advantage of more than a quarter-century of research and development that have brought The Monroe Institute's sound technology to its present level of evolution. Inherent in this advantage is the spirit of Hemi-Sync—*the precisely identified, controlled, and proven complex frequency combinations themselves.*

Within the carrier and beat frequency ranges out of which Hemi-Sync signals are selected, are a virtually limitless sea of individual frequencies from which to choose. Through meticulous, provocative, and sometimes boring research and trial and error at the Institute laboratory, specific combinations were discovered to elicit certain results; some beneficial, some ineffective, and others that were found to be potentially harmful. Beneficial frequency combinations were refined further and integrated into larger systems. These became Hemi-Sync frequencies. Ineffective patterns were discarded, and potentially harmful signals were noted as such and avoided. This process of identification, classification, and evaluation continues today.

The process, while ultimately resulting in the compilation of a vast inventory of highly effective signal patterns, is analogous to emptying the sea with a bucket. The nature of the water remaining in the sea is anybody's guess. Some will eventually become a part of the Hemi-Sync inventory. Many will not pass the Institute's evaluation standards.

Since the late 1950s we have been accumulating the body of knowledge which allows us to configure sound wave forms accurately into the subtle and powerful consciousness tools you are using. Following the frequency evaluation, the architecture of the Hemi-Sync sound patterns is designed. The relationships between the beat and carrier frequencies are identified

and fine-tuned; the number, positions, and amplitudes of the superimposed frequencies are determined. Finally, the flow of merging and separation of these complex combinations is established depending upon the purpose of a particular exercise. All of these contributing details eventually culminate in a Hemi-Sync tape.

Herein lies the essence of what Hemi-Sync is and is not. Hemi-Sync is: complex combinations of sound frequencies which have been found to be beneficial and which are subsequently utilized within Hemi-Sync systems designed and produced by The Monroe Institute. Hemi-Sync is not: any combination of binaural beat and carrier frequencies, either purposefully or randomly selected, by other than The Monroe Institute.

We offer this information to the Institute's position within the growing industry of brain-mind research and technology. Throughout the past twenty-five years we have witnessed the cultural perception of this arena change from considering such research as occult-inspired phenomenology to the wave of the future. We are proud to be one of the pioneers in this field. And, we are pleased to share this valuable work with the many others who are attracted by its potential.

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